



IRVING RECREATION CENTER

SUMMER DAY CAMP 2016

Grades 3-4

The Road to Rio: Week 8

Welcome to Week 8 of Summer Day Camp! We are hoping to have our gym back sometime this week – so keep your fingers crossed!

Please be sure to send your child with closed-toe athletic shoes every day, even if we are swimming.

THIS WEEK'S HIGHLIGHTS

Monday

We will start off our week welcoming our new campers, refreshing on camp rules and breaking into our groups. In the morning, we will spend some time outside. After lunch, we will do a craft and Olympic learning activity!

Tuesday

We will start off the day by taking a morning walk to South Branch Library to learn about the equipment that Recreation and Works and Utilities Department uses to keep the City of Lincoln looking great! Pending no emergencies, we will also get to check out Police and Fire vehicles. In the afternoon, we will be playing tennis and cooling down with our best yoga moves.

Wednesday

We will start off the morning with some water activities! Then we will spend our late morning swimming at Irvingdale Pool. Remember your swim suit, a towel, sun screen and flip flops for the pool! After swimming, we will play a game inside and relax with some reading.

Thursday

It's Field Trip Day! Please remember to wear your orange shirt! We will head to the Nebraska Air National Guard unit here in Lincoln at 9:00 am to learn about their state and federal missions. We will get to see some aircraft, visit the fire station and try on some chemical gear. We will return around 12:30 pm for lunch time. After lunch, we will have some free time outside before winding down for the day!

Friday

We will start off the day with a walk to Stransky Park before our swim time. Then we will go swimming at Irvingdale Pool. Remember your swim suit, a towel, sun screen and flip flops for the pool! After swimming, we will have our Fitness Friday workout, team choice and awards for the week!

Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwaves are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

Contact Us

402-441-7954 (Rec.Center)
402-405-6608 (K-2 phone)
402-405-6609 (3-4 phone)
402-405-6610 (5-7 phone)

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A focused program where youth grow

You can also view our weekly newsletter online at
<http://lincoln.ne.gov/city/parks/irving/daycamp.htm>